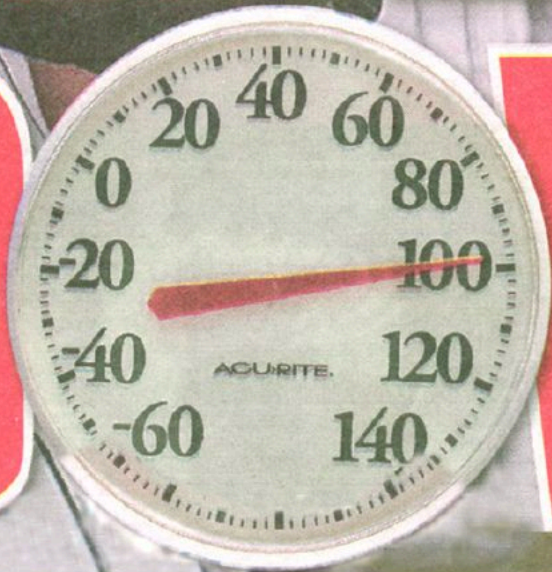


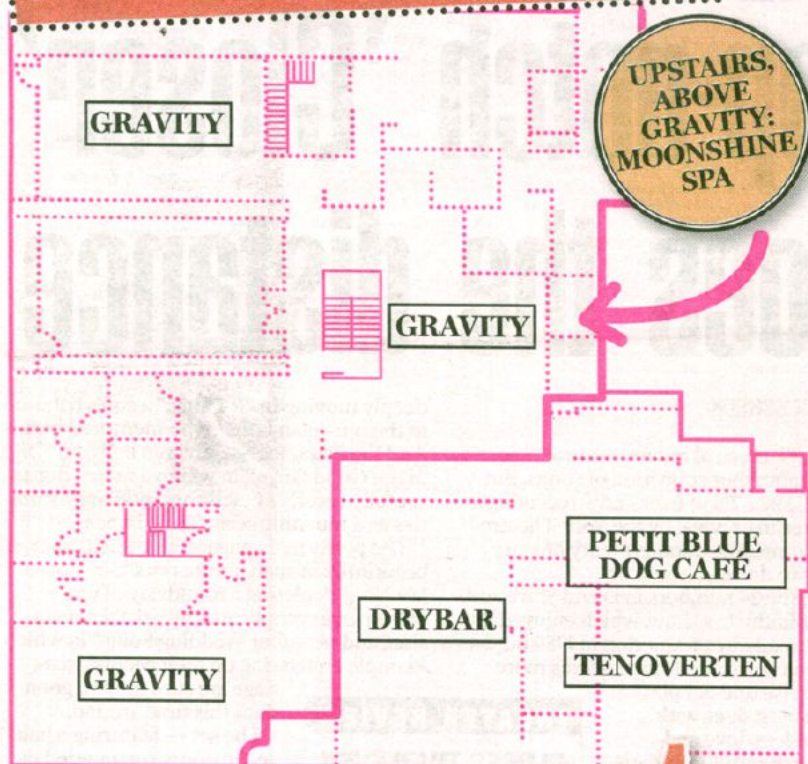


City and Yanks wilt in record heat

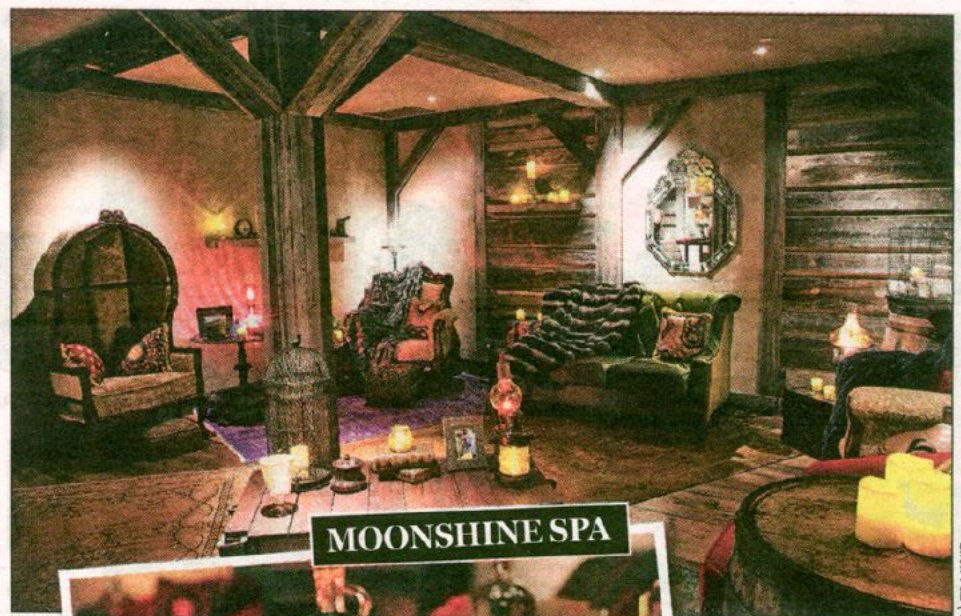
MELT DOWN!



LE PARKER MERIDIEN FLOOR PLAN



UPSTAIRS,
ABOVE
GRAVITY:
MOONSHINE
SPA



MOONSHINE SPA

The rustic, cave-like décor — and the offering of a shot of booze pre-treatment — is very alluring to the Moonshine spa's clientele — both female and male. The menu is simple and only offers facials and massages, customized to the individual's needs. 212-708-7444



Beauty

IN A BASEMENT?

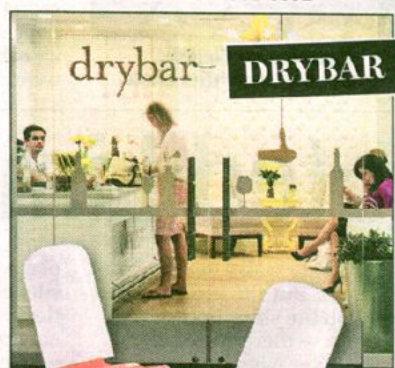
Underground at Le Parker Meridien, you can primp, get pampered — and pump iron

By KIRSTEN FLEMING

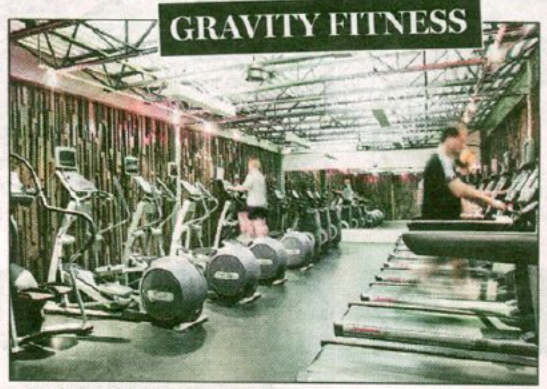
THE Plaza has its food court — and now Le Parker Meridien has a beauty court. Two years ago, the posh Midtown hotel decided to renovate its basement gym, and came up with the idea of creating an underground mecca of sorts for fitness, beauty and wellness. The result — officially completed last week — is 20,000 square feet of beauty and fitness shops called Underground at Le Parker Meridien. “It was the idea to have a one-stop shop where everything is health- and beauty-related,” says Marisa Zafran, the hotel’s director of p.r. and marketing. “This is the equivalent of a New York minute.” Outposts of

TriBeCa’s sleek nail salon Tenoverten, the Drybar hair salon, health-food eatery Petit Blue Dog Café, the Gravity Fitness and the hotel’s own Moonshine spa settled into the space. Adair Ilyinsky, co-owner of Tenoverten, has embraced being part of a larger beauty haven. “It’s just nice to be around other businesses,” says Ilyinsky. “This has this old-fashioned shopkeeper feel; everyone helps each other out.” Zafran says the shops have been popular with tourists, but appeal most to time-starved New Yorkers, which may have something to do with the hours. On weekdays, doors start opening at 7 a.m., and close at 10 p.m. On Saturdays, hours are 9 a.m. to 9 p.m., and on Sundays, 9 a.m. to 7 p.m.

For a flat rate of \$40, get your hair blown out in Drybar’s signature styles and watch a movie. When The Post visited, “Clueless” was playing behind the “bar.” 212-561-5392



DRYBAR



GRAVITY FITNESS

Purists and tech-inspired fitness fanatics will all feel at home at the 15,000-square-foot Gravity Fitness, which has all of the trappings of a traditional gym, and Fitlinx, a virtual coaching system. 212-708-7340



Le Parker Meridien
119 W. 56th St.; 212-245-5000



TENOVERTEN

Tenoverten created two \$18 signature shades for its new location in the season’s hottest hues: Parker Palm Spring (above right) and Parker Meridien. 212-767-1010



PETIT BLUE DOG CAFÉ

After working up a sweat and extracting some toxins during a massage, refuel at Petit Blue Dog Café. The menu includes smoothies and tasty veggie sandwiches. 212-459-1240